



BEHAVIORAL HEALTH IMMEDIATE RESOURCES

Trained and compassionate individuals are available to support you during the COVID-19 response or any emotional crisis. They will provide information and help to link you to confidential mental health and substance use services.

Office of Behavioral Health: Keep Calm Line

- 1-866-310-7977 (24/7)

Behavioral Health Recovery Outreach Line

- 1-833-333-1132 (24/7)
- For healthcare professionals and individuals in recovery

National Suicide Prevention Lifeline

- 1-800-273-8255 (vets press 1)
- En Español: 1-888-628-9454
- Deaf/HoH: TTY 1-800-799-4889
- www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

CrisisText Line

- Text REACHOUT to 741741 (24/7)

Louisiana 211

- Call 2-1-1
- <https://www.louisiana211.org>
- Free, 24/7 referral and information line that connects people to a wide range of health and human services

American Foundation for Suicide Prevention

- <https://afsp.org/chapter/louisiana>

Local Human Services Districts/Authorities

- <https://ldh.la.gov/index.cfm/directory/category/321>

National Alliance on Mental Illness (NAMI) Louisiana

- <https://namilouisiana.org>